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SUMMER 2017

As the Romans Do

**From Felled Trees
to Functional Art**

Upcycling Urban Timber

The Bowerman House

A Man With Real Estate Vision

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From Felled Trees to Functional Art
21

Photo: Lost River Urban Timber

Cover: The construction technique called rammed earth has been around for millennia, and can be a stunning showcase of the earth's building materials. Photo: Lillian Lane

HOME Front

Hat from Saskatoon's own
Sova Design Millinery.



Photo of Amanda Soulodre by Lillian Lane

Summertime is here and I am excited to replenish my vitamin D levels! I love the long sunny days, flourishing gardens and fresh cut flowers, barbeques with friends and family, festivals and fireworks. This summer is a special one for all of us—how will you kick up your heels on this 150th Canada Day? We offer just a handful of ideas to get your celebrations started (pg. 36), and help hone your pride in this place we call home.

Our summer issue lineup is all about inspiring homes and landscapes.

First, the homes. Come inside the 1907 Bowerman House, once home to Saskatoon postmaster, real estate developer and town councillor Allan Bowerman. It's still a tranquil oasis near the riverbank (pg. 28).

Ever heard of a rammed earth home? Discover building techniques used by ancient Romans for a home with real staying power and a connection to nature (pg. 10). And talk about lofty ideas for a living space; meet one couple who opted for downtown high-rise condo living (pg. 44).

Moving to the outdoors, we look at the tastes and trends that have shaped the landscapes around our homes. From Grandma's garden, to grass, no grass, artificial turf, to hardscapes and containers, we look at the evolution of the yard (pg. 40). It was once laughable to think grapes and cherries would do well here, but flourishing they are! Our resident foodie Craig shares all

things cherry and some luscious ways to consume this prairie gem. This versatile fruit can transform into jelly, jam, pie, mead, even a wicked chipotle barbeque sauce. We share a few recipes (pg. 50).

Ever wonder what happens to those beautiful big city trees once they're felled by wind damage, disease, the dreaded Dutch elm beetle? Meet two intrepid former construction workers who believe a dead tree's destiny is reincarnation as magnificent and unique custom woodwork (pg. 21).

What is summer without picnics in the park, and a ride on the Ferris wheel and merry-go-round? Over 214,000 merry-makers rode the Potash Playland rides at Kinsmen Park in 2016; at least that many are expected this season. Our historian Jeff takes us through several iterations of Kinsmen Park fun, all from a rather inauspicious beginning (pg. 54).

Saskatoon is filled with so many sweet spots (pg. 62), places to feel alive, rejuvenated, connected. We hope you'll use this issue as inspiration to explore Saskatoon, and appreciate this wonderful place we call home.

Happy reading,

AMANDA SOULODRE
OWNER & PUBLISHER

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READER PANEL

Thank you to our Summer Issue Reader Panel (seen below). The people on the Reader Panel change every issue and are made up of fans of the magazine who volunteer to help us select our stories. Their input allows us to select stories that people in and around Saskatoon look forward to reading each and every issue. Once story ideas are selected, we then assign them to our team of talented writers—meet them online at www.saskatoon-home.ca.



“The next room in my home I plan to renovate is my kitchen and/or master bedroom.

Andrew Down

Sales Manager,
Anchor Managed Solutions



“I volunteered on the reader panel to support this local publication. It's a great way to recognize the brilliant local people, projects and ideas of Saskatoon.

Claire Liu

Student, U of S,
Physiology and Pharmacology Major



“My favourite stories to read in HOME are the before and afters. I can't get enough! They push me to see others' design perspectives.

Jade Gulash

Marketing Manager Saskatchewan,
KPMG



“As an owner of a 100-year-old character home, I always look forward to reading HOME to see how others balance character, comfort and convenience.

Lester Martens

Commercial Beekeeper and
Part-Time Renovator



“I love to read HOME because of the local flavour, and I love the ads! A great resource for local businesses.

Shelly Ritchot

Safety and Media Coordinator,
Market Tire



“I love reading HOME because of the variety of articles reaching all aspects of life in Saskatoon, and love the colourful photos.

Sylvie Francoeur

Retired Educator

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SUMMERTIME HOME HACKS

 LÉO JOSEPH

 LILLIAN LANE

As Ralph Waldo Emerson said, "Life is a journey, not a destination." And part of the human experience is figuring out how to steer your way along this path. It can be tricky. However, with the collective knowledge of the human race sharing

information in the digital age, there are now endless tips and tricks to help you navigate. Those in the know refer to these as "life hacks." But sometimes too much information can be overwhelming. With this in mind, Saskatoon HOME has scoured

the internet for you and is happy to introduce you to this new quarterly series in the magazine, The Top Seasonal Home Life Hacks. Enjoy! 

Léo Joseph

Sunglasses Organizer

Tired of searching through the house for your shades? Use an everyday coat hanger as an organizer for your sunglasses. Now, just like Corey Hart, you will be able to find them and wear them at night.



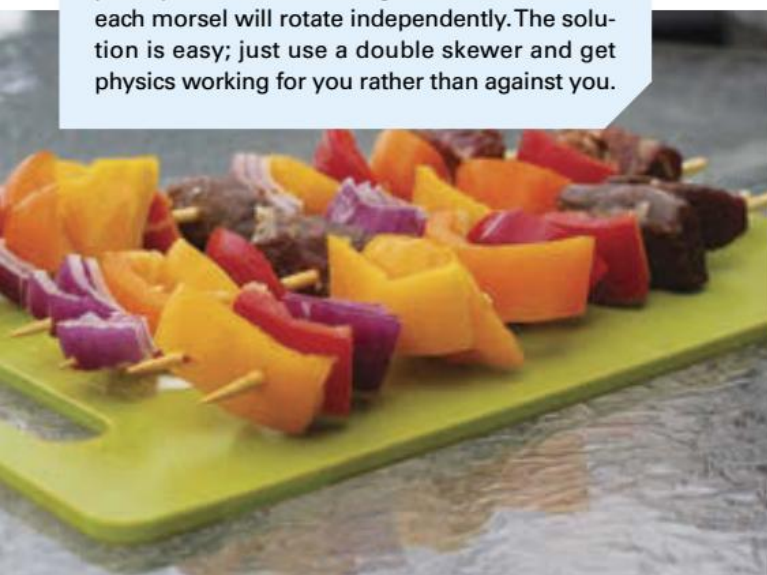
Basil Bug Repellent

Are you worried about coating yourself in chemicals... but also don't appreciate being a mosquito's lunch? Try putting some basil plants around the patio. The scent is a natural repellent.



BBQ Kabab Doubler

The laws of physics can be infuriating. A single pivot point makes turning a kabab difficult as each morsel will rotate independently. The solution is easy; just use a double skewer and get physics working for you rather than against you.



BBQ Condiments Tray

For a quick and easy condiment tray use a muffin tin. Having all the fixings viewable and in serve-yourself style makes the dressing of hot dogs easier and fends off 10,000 questions from hungry kids like "Where's the ketchup?"



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AS THE ROMANS DO

Saskatoon's Latest Rammed Earth Residence

The sunlight streaming into Paul Blaser's spacious living room, coupled with its lofty 11-foot ceiling, creates a bright, airy atmosphere. When a visitor comments on the expansive vibe, Paul responds, "It's a big room for thinking big thoughts."

The architect, along with his wife, Katherine Soule Blaser, and their three children have just moved into their new Caswell Hill home—a dwelling that is ostensibly the outcome of such outsized thinking.



Flanking the northeast corner

of Ashworth Holmes Park, the home is like no other on the block, or in the city, for that matter. It's made with rammed earth—a building technique that's been around for millennia.

"Rammed earth is an ancient

way of making concrete. It is aggregate that's bonded with cement," says Paul. "You start with very fine aggregate—essentially sand—and you mix it in small batches with very little water and about a tenth the normal amount of cement."



 **JULIE BARNES**  **LILLIAN LANE**

The mixture is then shoveled into formwork and “rammed” down with pneumatic tampers. This process is done in small batches, which allowed Paul to add a variety of coloured aggregates to the individual layers. Shades of taupe, brown, grey

and brick red make up the carefully curated colour scheme.

“We cast a wide array of colour samples and then we assembled what colours we wanted where,” says Paul. He created a mock-up on his computer, laying out ➤

TK

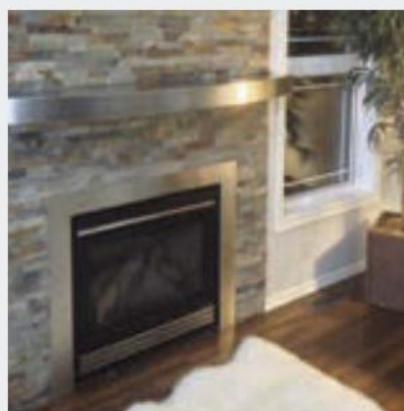
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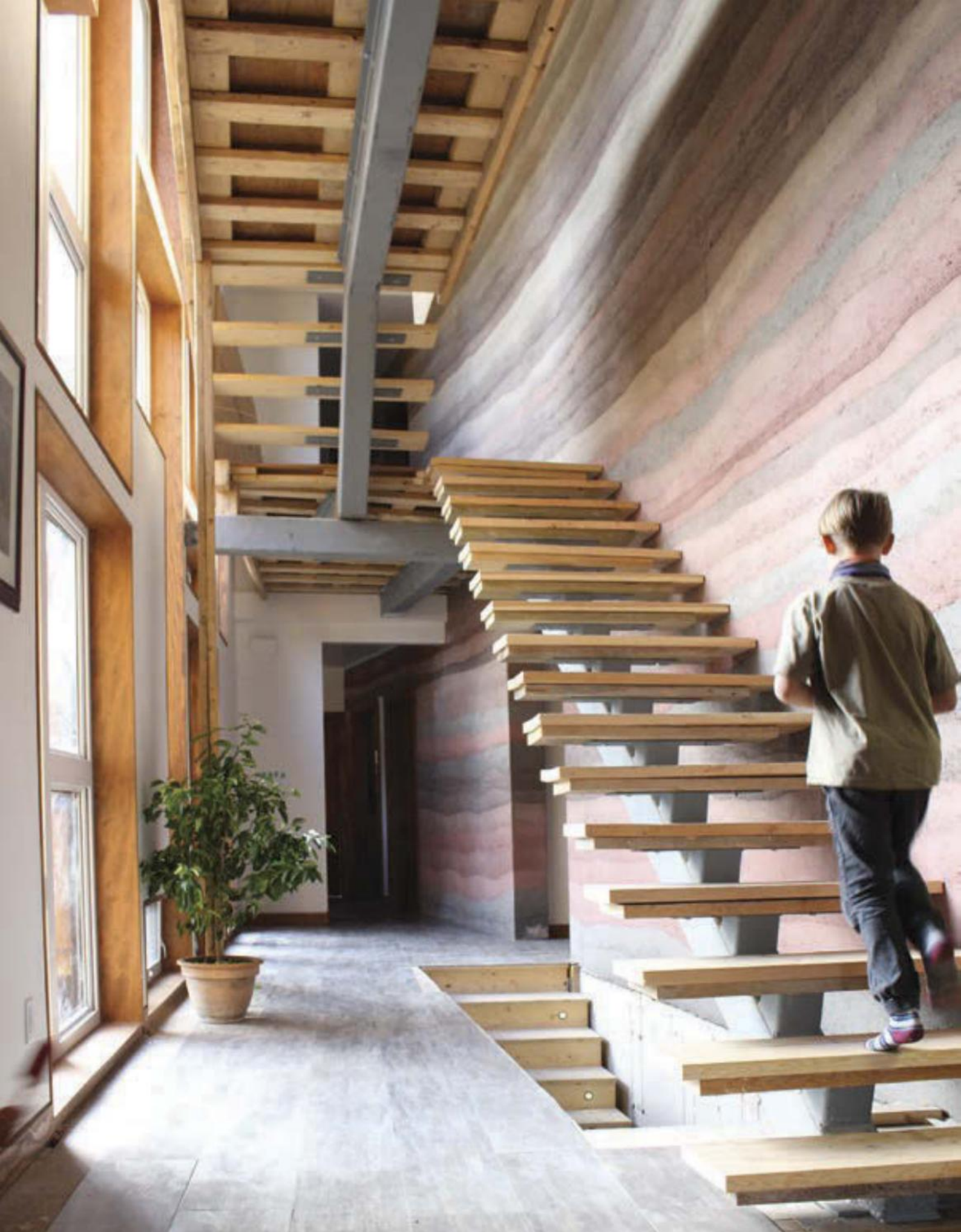
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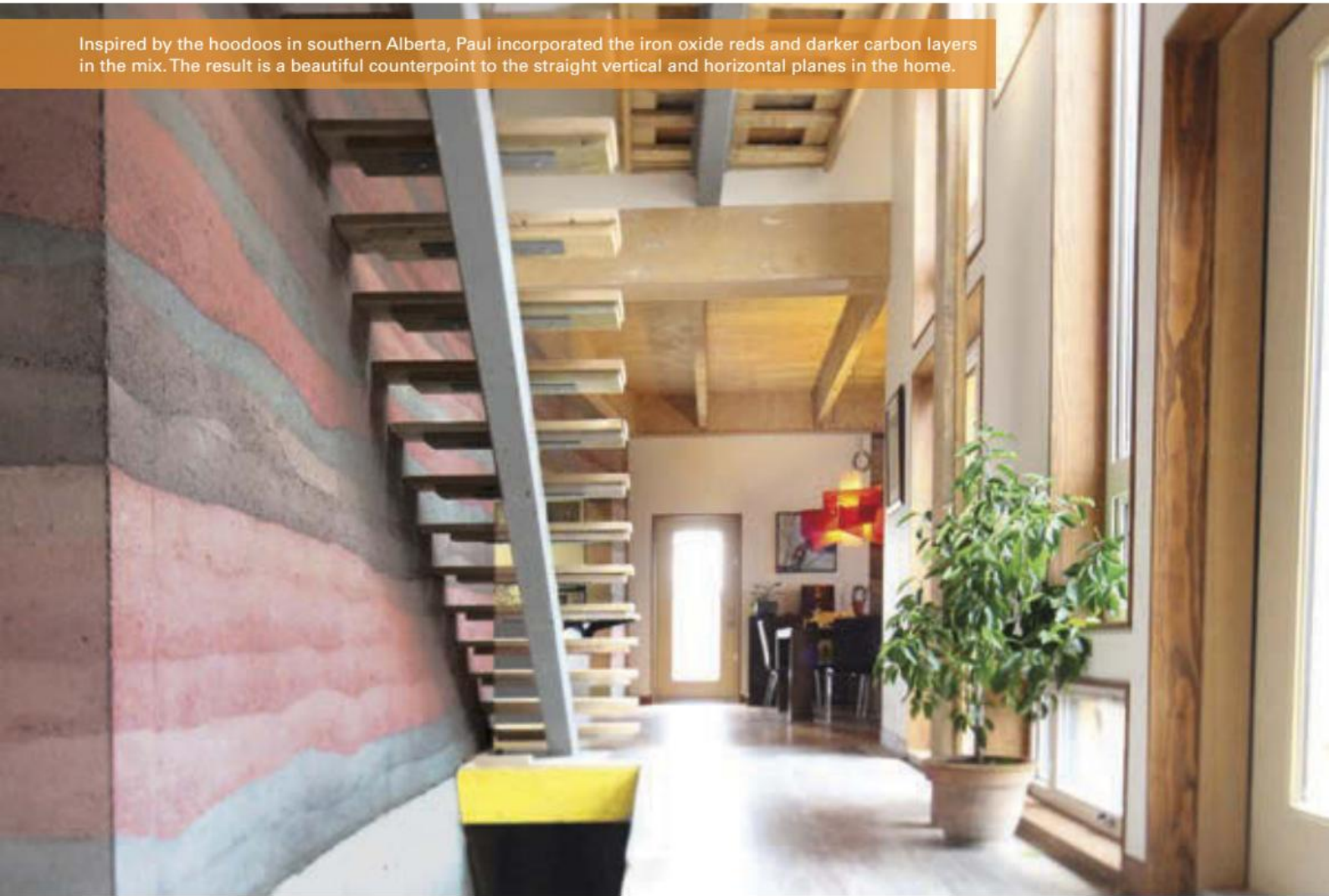
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Inspired by the hoodoos in southern Alberta, Paul incorporated the iron oxide reds and darker carbon layers in the mix. The result is a beautiful counterpoint to the straight vertical and horizontal planes in the home.



the sequence for each band of colour. "Then we basically made recipe cards for the mix for every layer."

Although any colour of the rainbow is possible, Paul chose earth tones that reflected natural striations. He points out how the colours transform as they progress up the wall. "I took an image from the hoodoo formations in southern Alberta as inspiration and direction. We start with more of the reds and the iron oxides and the darker carbon layers at the bottom, and as we move up we add more ochre, less iron oxide, incorporating natural dark and light greys from the variations in white and grey cement."

Eco-Friendly Design

"The process of making cement has a huge carbon footprint. Limestone, iron ore and fly ash are cooked at 2,700 degrees Fahrenheit. So by using very little cement it's much better," says Paul. The exterior rammed earth walls were formed around six-inch-thick styrofoam insulation, while their adjoining framed walls received spray-foam insulation, "so they're very well insulated and they have a very tight air seal," he adds.

The walls themselves are thermal mass, which helps regulate the home's temperature. "We've done a lot of passive heating and cooling design," says Paul, ➤

Isaiah enjoys his new home's natural climate control.



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Depending if you are on the main or second level of the home, the colour exposed on the interior rammed earth walls has a different pallet. From brighter reds on the main level to lighter tones seen here on the second floor.



explaining how large amounts of south-facing glass allow the sun to shine directly onto the rammed earth walls, creating a Trombe wall effect. A Trombe wall "is an old heating and cooling technology where, if you put thermal mass behind glass, in winter it heats up during the day, and you can use that heat overnight; in summer, when you need to

cool, you shade from the sun," explains Paul, "and you open the windows top and bottom, getting circulating cold air at night to cool down the thermal mass. This will keep the house moderated through the daily highs."

Unlike a framed wall, once a rammed earth wall is standing, it's complete inside and out. There's no drywall to install, no



Paul and Katherine were pleased to work with Stuart Schindel, who took on the rammed earth concept with enthusiasm and honed his skills to bring it to life.



vapour barrier required and no walls to paint. This minimizes costs and waste, and negates the need for certain building materials that can contain noxious chemicals.

The aggregates, along with many of the building materials, were sourced locally. "We reused all the formwork in the construction of other areas of the house," says Paul.

"We didn't generate a lot of waste in the process."

Inspiration

During Paul's architecture studies, he lived in Rome for a brief period. "I remember specifically a day of walking around the ruins of the Baths of Caracalla and noticing how the ruins had transformed back into natural things. They were ➤



The living room shows the melding of building materials where the rammed earth meets drywall, as occurs in various areas throughout the home.



no longer part of an artificial world." He also noted how the ruins had become a habitat for wildlife. "I remember thinking, 'Wouldn't it be great if I could build between the ruins, and live surrounded by a sense of wildness that is part of the



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Paul, Katherine, and their kids Isaiah, Ezekiel and Ilaria, expect their home will stand the test of time.

natural world.' It's that interaction of living in relationship to the wildness of the world that is fascinating to me."

Years later, friends of his built a rammed earth house in Quebec. "I thought 'Here's a way for me to build my own

ruins—build something that is and will be part of the natural world.'"

Challenges

Spain's Alhambra and sections of the Great Wall of China both employed this

building method, but it was the Romans who were responsible for its first documented use. Clearly, rammed earth structures can stand the test of time, but despite its long history and enduring nature, the practice hasn't taken off

in North America. Part of that may come down to a lack of awareness, understanding and the absence of experienced tradespeople.

"There were none," Paul says about the search for tradespeople with the ➤



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Introducing something so completely different to an established neighbourhood can be a little nerve-wracking.



requisite experience. "We trained them. We brought in an expert to teach us the key components." Paul adds that the biggest disadvantage of rammed earth construction is its labour-intensive nature. "The way we managed it was by using LEAN construction techniques." LEAN is a collaborative system designed to create efficiencies, minimize waste and offer the best value to the client.

The rammed earth walls were complete within eight weeks, says Paul. "That was from the first formwork being built to the last formwork being taken off."

A Better Connection with the World

Paul's beautifully rendered house might be complete, but that isn't stopping him from asking the big questions that often lead to big thoughts. "What if we started reintegrating natural landscape and natural habitat into our cities as a way of living? What if the buildings that we built withstood the kinds of things our cities throw at them, or that our natural world throws at them and adjusted in a passive way instead of needing to have all of these heroic mechanical systems and scientific approaches?"

When asked what the neigh-



Paul also put his design expertise to work for Katherine and himself by having this grand master bed frame custom made.

bours think, Paul shares a sentiment common among many builders of infill homes. "Introducing something new to this area did make me a bit afraid," he says. "We built at a different scale for the neighbourhood—it's an old neighbourhood with a lot of small houses." In fact, he and his family lived in one of those small houses (just across the street from their new one) for 12 years before building their rammed earth house. "But generally, everybody is very happy with it because it fits. It's not ostentatious because the colours are natural colours that fit with the world, and

it's a beautiful thing. There's a certain watercolour painting quality to the rammed earth that I'm very happy with."

Integrating the natural world with the built environment is also a cornerstone of Paul's architectural practice. "We work with all of our clients in terms of really trying to get a better connection to the world in their place, in their context, for their building. Rammed earth was just mine, in this place, in this time." (H)

Julie Barnes

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ASHLEIGH MATTERN



LOST RIVER URBAN TIMBER

FROM FELLED TREES TO FUNCTIONAL ART

Upcycling Urban Timber

The sharp scent of cut wood fills the air, and soft chips litter the floor. Planks leaning against the wall display the natural swirls of the grain patterns in shades gold, red and brown. This is a workspace where Mitch Beckett and Travis Erixon take unwanted wood from felled trees and upcycle and transform it into functional art.

"When we have people come to look at the wood, everybody sees something different," says Mitch. His big bushy beard overwhelms his face, and his manner is friendly and welcoming. "I don't consider myself an artist. The wood is beautiful already. I just sand it a bit and people say that's art, but it's really just the tree."

Both Mitch and Travis are burly, blue-collar types who seem like they would be more comfortable on a construction worksite than at a trade show displaying fine furniture. But with their company, Lost River Urban Timber, they're finding themselves at the latter.

In fact, they met as carpenters with a Saskatoon construc-

tion company where they earned journeyman tickets. They started their company as a passion project in 2015. The idea began when Mitch and his wife were looking for furniture. He built her a table using walnut he bought, but soon after noticed a few trees coming down in his neighbourhood, and saw value in ➤

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"You never know what's going to be on the inside of a tree until you cut it open," says Mitch.



what other people thought was just waste.

The furniture they make is rustic and charming, with simple frames and a 'live edge' where the natural shape of the wood is incorporated into the design.

"We can take a piece that's super crooked and gnarly-looking, and the grain pattern in that wood is typically amazing," Mitch says.

Upcycling Felled Trees

Most of their wood is sourced in Saskatoon. Arborists

let them know when a tree is coming down, and Lost River pays for the wood with their labour, saving the arborists the work and time to carry it out. The idea of upcycling felled trees is new to Saskatchewan, but common practice in larger urban centres where trees are more plentiful.

But working with upcycled wood can be a gamble; Mitch says you never know what's going to be on the inside until you cut it open.

"Sometimes the grain is incredible and sometimes it's





rotten right in the middle, and you've wasted a couple hours."

Some trees are too rotten to use, but occasionally they'll find a diseased tree that actually lends beauty to the cut. For example, a Manitoba maple infected with a certain fungus creates bright red streaks in the grain.

Lost River also has their sights set on the diseased elm in the city that's currently required to go to the landfill. They're working on a proposal to divert it. Dutch elm disease is spread by a beetle that lives

in the bark of the tree and carries a fungus; if the bark is stripped off the wood, the disease can't be spread.

If their proposal is successful, they'll increase the amount of material they have to work with, and save valuable wood from going to the landfill. That will add another layer of conservation to the work they're already doing.

Craftsman Style

When it comes to creating a piece of Lost River Urban Timber furniture, the ➤



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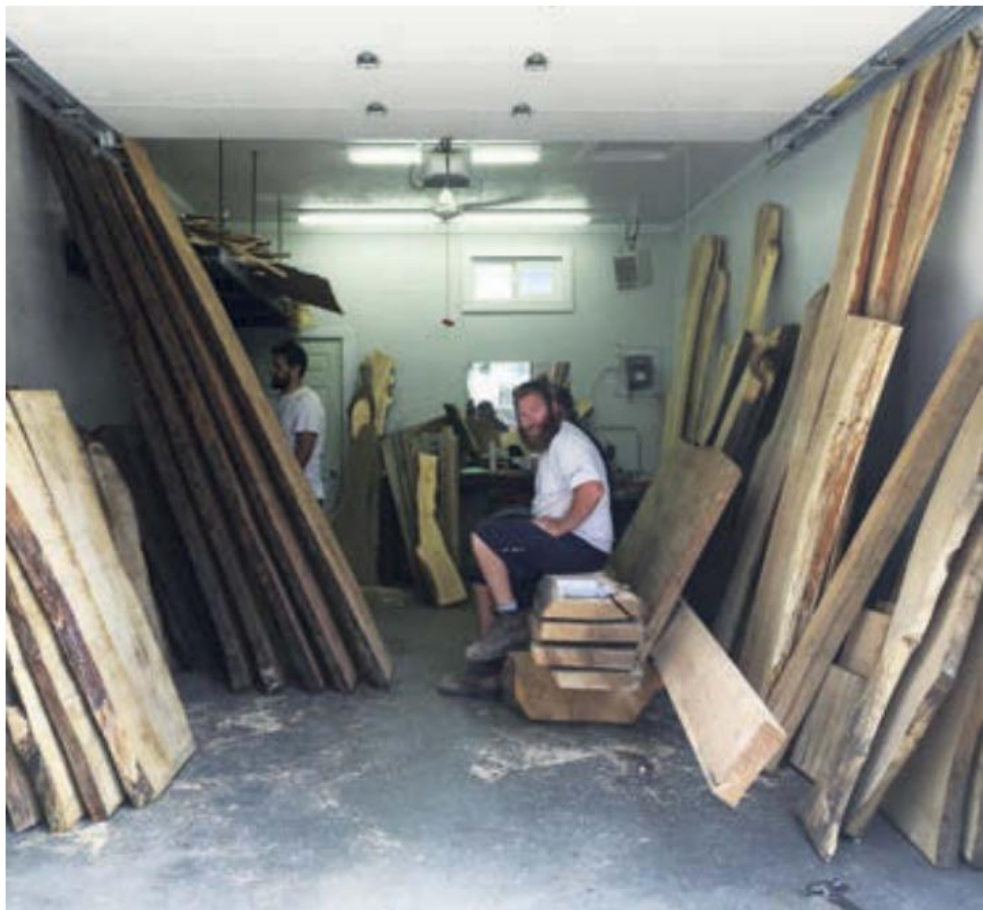


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Travis Erixon, left, and Mitch Beckett say the real art lies within each tree. It's just a matter of looking inside.



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"It almost doesn't feel like work," says Mitch.
"We're just big kids playing with big toys."

design is up to the client. Customers choose the piece of wood they like, and then they work together to create the idea for the piece. So far, they haven't refused a request. Any idea is simply a new challenge.

"We find a way to make it happen," says Mitch. "Everybody has their own idea for what they want to do with it. We give suggestions, and then we go from there."

Mitch especially likes the live edge look, where the curve of the tree is left in its natural shape, though he admits that style is not for everyone.

"It's a niche market. But in a lot of these newer homes, everything is so modern. It can be nice to bring warmth with a big old chunk of wood."

The upcycling nature of their work lends itself well to situations like infill projects, where trees have to come ➤



Typically in lumberyards, the long, straight pieces of wood are most coveted. Not so with the projects Lost River Urban Timber takes on; they value the wood's natural beauty.



A new generation of furniture maker, Mitch's daughter Aria, gets familiar with the process. She is touted as their #1 wood salesperson.





FROM START TO FINISH

The wood Lost River Urban Timber uses has a long journey from felled tree to fine furniture.


- Arborists let Lost River know a tree is coming down; Mitch and Travis pick it up.
- The wood is taken to their mill site, where it waits until mill day.
- They slice large logs into more manageable pieces.
- The slabs sit and season for a while, until there is enough to fill the kiln.
- They load the kiln, which steams the wood and evens out the moisture content.
- If the pieces don't warp, crack or blow up in the kiln, they're ready to use in a project.
- Any wood that isn't suitable becomes firewood.
- From there they work with clients to choose the wood they want and work on the design direction.

down to accommodate the new house. Lost River can come in and turn that tree into a feature for a new home as a beam, countertop, shelf or table. The tree is gone, but not lost.

"You can build a brand new house on an old site, and you can keep the heritage," Mitch says. "Having a history behind the wood is a neat thing."

Being able to know exactly where the wood came from imbues the work with a kind of magic that many of their

clients find irresistible.

"People really like that it's locally sourced," Travis says. At a tradeshow this spring, people thought Lost River was from B.C. or Alberta, assuming such beautiful wood couldn't be found in Saskatoon. "They were surprised that wood like that could come from their backyard." 

Ashleigh Mattern

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THE BOWERMAN HOUSE

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Two whitetail, a buck and doe, gracefully bound across the road and stop in the grassy meadow near the Bowerman House in Holiday Park. Tails flicking, they gaze back, eventually wandering into the bush toward the river. Allan Bowerman would have been pleased with the encounter,

so steeped in nature, so close to the city.

Bowerman the Builder

Allan Bowerman was a Saskatoon postmaster turned land developer who took advantage of the 1910–12 economic boom. Born in Ontario, he moved to Winnipeg

after a failed first marriage. He married again and had a daughter. The family moved further west to Saskatoon where he took a position as postmaster for the new post office west of the river in what is now downtown Saskatoon. He purchased lots on 21st Street—some say for \$65—

and waited, turning down outlandish offers of \$1,000 for the property. He built the Bowerman Block (130 21st Street East, later Caswell's Men's Wear, and American Apparel) and eventually the neoclassical Canada Building. In 1913, it was Saskatoon's tallest premier building at the



 **KARIN MELBERG SCHWIER**  **APPL PHOTO**

heart of a booming downtown.

But Bowerman longed for solitude. At 54, the land he bought in 1899 became increasingly valuable as the city grew. He wanted a retreat away from the bustle of the burgeoning city. This is what inspired him to build his two-storey wood frame "Afternoon

Lodge" in 1907 on land he acquired near the river, a refuge he reached by horse and buggy where he could commune with nature.

Designed in the Arts and Crafts Western Stick Style by "flamboyant" architect Walter LaChance, it was a "handsome residence" ➤

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Allan Bowerman surveys his property and country lodge in 1908.

Photo: Local History Room - Saskatoon Public Library - LH-1444

of 10 rooms at an astounding \$8,000 price tag. The home was built into a sloping hillside near ravines, the kitchen and dining room occupied a walkout basement, insulated by 16 inch-thick stone walls. Today, 1328 Avenue K South remains a wilderness island enveloped by the city. From 1907 to 1923, it was Bowerman's beloved country retreat near the river's edge.

Tenant as Steward

Now owned by the City and managed by the Meewasin Valley Authority, Bowerman House is rented as a private residence. The most recent tenant, Margo Rashley, a retired elementary school teacher, takes her responsibility as a heritage home steward seriously. She loves the endearing quirks of the 110-year-old house.

"I've been here 11 years," says Margo. "The house makes lots of little noises, creaks and

An exterior view of the Bowerman House in 1907 or 1908 during the build shows the Arts and Crafts style featuring cross-gabled construction, diagonal porch support braces, overhanging eaves and wooden wall cladding.



Photo: Local History Room - Saskatoon Public Library - LH-1757

groans. Sometimes I'll be reading in bed or watching TV, and it almost sounds like people walking around. Because it's all wood, it just expands and contracts." With

a 16-inch thick stone foundation, it's "lovely and warm in winter, and cool in summer."

Nearly 95 years after his death, Margo has come to know the home's first owner

well. She's been active on Meewasin Resource Conservation Advisory Committee, the Heritage Society, the Marr Residence, and was "one of the group of grey-haired



The Bowerman House from the front in 1977.

Photo: Local History Room - Saskatoon Public Library - PH-HBS-34

women restoring the superintendent's residence at the Forestry Farm." She cannot abide historical inaccuracies about the Bowerman House or the man himself.

"He was an intelligent man, well educated, and a very enthusiastic booster for Saskatoon. He really believed in its future," Margo says with clear affection. "His family was fairly prominent in eastern Canada, originally from England."

Bowerman was on the first

Town Council in 1903-05 (the Council that purchased land which is now Kinsmen Park, see *HOMETown Reflections*, pg. 54), and was the first publicist with the Board of Trade. His wife, Thomason Hume Bowerman, produced handiwork that she entered into competition at the Exhibition. The Bowermans had a large collection of first editions and other rare books, and they often entertained. The property was four miles from down-

town; he would drive into the main business district to his job at the post office in a carriage with a fringe on top, drawn by a docile pinto.

"Some said he built the house as a hunting lodge, and that was not true. It was a place like a cabin at the lake and they called it Afternoon Lodge. It also really bothered me to read in some past incorrect publications that he lost the house in the crash of 1913. That is not true either," Margo

says. "In 1918, the ad in the paper (see sidebar) reads it was 'with infinite sorrow' that the property was put up for sale." It was a testament to his love for the property. It was said Bowerman was "in his best spirits when in the country."

When the ad was reluctantly placed, Bowerman's health was failing. He had already signed the estate over to his wife in 1914 to avoid losing it in the economic bust. He also signed over land along Spadina to a niece, and a woman named Margaret Flewwilling in 1911. However, Afternoon Lodge did not sell in 1918.

"The Bowermans had a daughter named Belle, born in 1876. I've searched, but I haven't been able to find anything about her," says Margo. "She may have gone to the States and that's why they went to Los Angeles in 1923 just before Christmas."

It was there Mr. Bowerman, 79, died of a cerebral hemorrhage on Christmas Eve. The obituary notes his wife and one unmarried sister in Saskatoon survived him. "Who the unmarried sister was, I don't know."

Steamy TB Sanatorium Connections

Bowerman's widow sold the house and property to the Province for \$8,000. The Anti-Tuberculosis League built the Sanatorium (San) within ➤

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Margo Rashley has been the custodian of the 110-year-old Bowerman House for over a decade.





CITY AS PROPERTY OWNER

Mrs. Bowerman sold the Afternoon Lodge to the Saskatchewan Tuberculosis League, and ultimately the province owned it. The Sanatorium was built next door and the superintendent lived in the house; Dr. H.C. Boughton, 1925–1959, and Dr. Low until 1981. Various renters lived in the house but when the Sanatorium was torn down, the property, including the house, was transferred to the City. The house was eventually declared a heritage property and in 2005 the MVA took over management of the property on a long-term lease from the City. The City also owns the Marr Residence, also a heritage building, which it purchased in the 1980s in order to protect it.

a stone's throw in 1924. Dr. Harvey Crawford Boughton, first director of the San, and a pioneer of tuberculosis vaccination, moved into the house with his family in 1925 and stayed nearly 35 years.

Because it was only used as a summer house, there was just a stone fireplace and a wood

cook stove in the downstairs kitchen. There had to be a way to heat it during the winter. The San was heated by institutional steam boilers, so underground pipes were laid to connect the residence and radiators were punched through the floors. Similar pipes were laid to four small houses built later ➤



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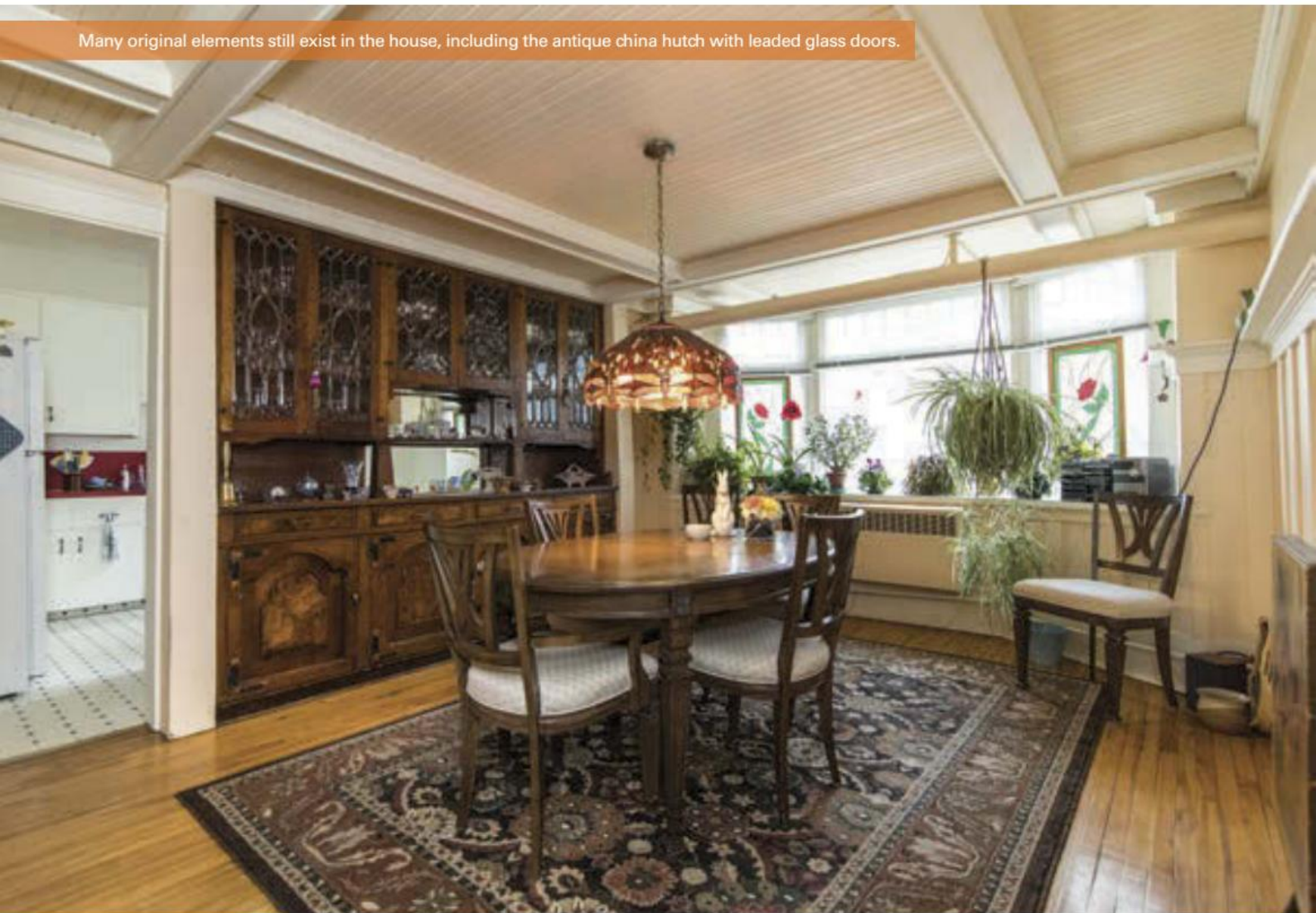
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Many original elements still exist in the house, including the antique china hutch with leaded glass doors.



for San doctors just down the road. The industrial valve used to regulate the steam in the house is still in the basement. When the San was torn down in 1989, a furnace was installed. Because they couldn't run venting in areas with thick stone walls, electrical baseboard heaters warm the upstairs. Margo doesn't use the original fireplace for fear of sparks.

Maintaining a Heritage Home

While Margo has hosted heritage-oriented events, the house is not a museum, but a private residence. Still, there have been special visitors over the years.

"Dr. Boughton's daughter still lives in the Luther Care Home and she has come twice to visit. So has his daughter-in-law," says Margo. "Dr. Boughton's son wrote down memories of his childhood here which are wonderful to have," says Margo. "Mr. Bowerman built a little Greek temple behind the house. They called it a folly. Dr. Boughton's children talked about playing in it, but eventually it was torn down." There are still stairs that lead up to a hilltop platform where tea parties were held. A bridge crossed the driveway and at the back of the house, a cistern supplied the house with water. At one time, a grand arched

AFTERNOON LODGE

Allan Bowerman, in failing health, placed a poetic ad in the *Daily Star*, May 2, 1918, with deep regret at the prospect of losing his bucolic country home. The ad focused nearly entirely on the landscape rather than the lodge itself.

Now with infinite sorrow offered for sale

Situated on the west bank of the Saskatchewan River, three blocks south of the power house, sheltered on three sides by hills and thick woods so that the rude winds are scarcely felt, yet admitting abundance of sunlight. For twelve years the woods have been jealously guarded and now furnish a fine example of what grows in this climate in the way of cottonwood, poplar and balm of Gilead. From the grounds, the prospect up and down the river is unexcelled, except perhaps the University grounds, yet more varied and interesting. The surroundings of natural shrubs do not include the palm or cypress or olive, but just as attractive for a summer home, furnish a profusion of juneberry, chokecherry, buffalo berry, cranberry (all of the first class for show in flower and fruit), honeysuckle, flowering dogwood, bearberry, pyrola, anemone (miscalled crocus), orange lily, are only a few.

In February 1983, the Bowerman House and grounds were added to the City's list of heritage properties.

sign welcomed visitors to Afternoon Lodge.

Architect LaChance designed the house in the Arts and Crafts style, this in particular was

Western Stick Style. Low to the ground, the house blends with the landscape. Low-pitched cross-gable roofs and large overhangs with



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angled posts provide sheltered outdoor spaces. Local materials like fieldstone on the chimney is repeated in pillars, and the fireplace, and wooden beams complement the wooded setting. The original roof was tin, and after a few changes over the years, including cedar shakes, Margo encouraged the City return to the original material.

"You don't hear a thing when it rains," Margo smiles. In nine decades, that tranquility Mr. Bowerman longed for still exists.

"We have beaver coming up from the river," she says. "We have a lot of birdlife

because of the proximity to the water. There are coyotes, and a cougar one year. Mr. Bowerman would be happy to know it's still peaceful here."

Margo hopes that never changes, and is happy to live in a home where changes must adhere to heritage guidelines.

"We preserve so little of our heritage," she says. "So much of it is torn down. I am happy to be the caretaker for what Mr. Bowerman loved so well. It's a very special place." (H)

Karin Melberg Schwier





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HAPPY ANNIVERSARY, CANADA

8 Ways to Celebrate Our True North Strong And Free



 **KARIN MELBERG SCHWIER**

It's not every day that we get to throw a 150th anniversary party, so it almost goes without saying that it will be a Big Deal.

First things first, the big word: Sesquicentennial. Go ahead: "ses-kwee-sen-ten-ee-al." It

was easier for the 100th and will be for the 200th; we can all say Centennial and Bicentennial. But the 175th will be the mouth-flummoxing: Septaquinquinquecentennial. And, though easier to say, how we might celebrate the

600th, the sexcentenary, is anybody's guess.

How will you celebrate Canada's milestone?

A simple online search of "Canada 150" will net you a mind-boggling array of possibilities. 2017 is a great

opportunity to connect with family, friends and neighbours to celebrate, learn, explore and appreciate this country. Have barbeques, fireworks, maybe binge-watch *Canada: The Story of Us* (followed by debating its historical accuracy), or follow



the Canada 150 Ambassadors on Facebook.

Saskatoon HOME offers just a few ways to make 2017 memorable.

1. Celebrate

Parties, oooo fireworks, parades and ahhh more fireworks. Follow directions for the home-use variety, have a pail of water nearby and leave the big guns to the professionals. You don't want to be one of 'those people' on YouTube.

2. Investigate

It's been 150 years since Jacques Cartier paddled over from France to 'discover' Canada, but it was home to many long before that. Explore and learn about places

you've never visited before. All national parks and historic sites are free to visit with a Discovery Pass. Get yours by going online to www.pc.gc.ca. Learn about our city's future and the *Growing Forward Shaping Saskatoon* initiative at www.saskatoon.ca.

3. Decorate

Planning to fly the flag? There are particular do's and don'ts when it comes to our national symbol, not the least of which is do not use as a seatcover or tablecloth. No bums or crumbs. There's even a way to fold it afterwards. Check with the Government of Canada on National Flag etiquette.

4. Cultivate

Sow the seeds of Canadian

pride. The Wilcox farmer who swathed the Canada 150 logo 500 metres wide in his wheat field last fall might be over the top. You might just want to tackle your flower beds. The Canadian Shield Rose was chosen as the Plant of the Year for 2017. Or for fall bulb planting, go with a red and white must-have Canada150 tulip. If you prefer native flora, the hardy *Aquilegia Canadensis*, or Canadian Columbine, offers that bit of patriotic scarlet. How about planting an Amur Maple?

5. Contemplate

Expand your mind. The University of Saskatchewan offers the Diefenbaker Centre, the Canadian Light Source and, after dark, the Obser-

vatory for celestial gazing. Check out Tourism Saskatoon for myriad events. Visit Wanuskewin Heritage Park; it's on the National Historic Sites of Canada registry and the name, in Cree, means 'being at peace with oneself.' The anticipated United Nations Educational, Scientific and Cultural Organizations (UNESCO) World Heritage designation would be a first for Saskatchewan.

6. Participate

On July 1, it's Optimist Day in the Park. Join the anticipated 50,000 revelers at Diefenbaker Park. Renew your vows and puff your chest with patriotic pride, the nice Canadian sort, at the 10 a.m. citizenship vows reaffirmation. Ooo, there's Safeway cake doled out ➤

HOW WILL YOU CELEBRATE?

"People might want to visit a local national historic site. Learn that history is not something that happened some place else and that Saskatchewan has a fascinating, though little known history. Or they could go for a picnic in the country or along the river. Think about how Indigenous peoples survived on the land on foot before the return of the horse in the 1740s and 1750s. Or how voyageurs paddled canoes along the river bringing trade goods into the interior and returning with furs for the European hat trade. Or how early pioneers carved out an existence on isolated homesteads without ready access to a corner store."

– Bill Waiser, historian, Saskatoon author, *A World We Have Lost: Saskatchewan Before 1905*, winner of the 2016 Governor General's Literary Award for Non-Fiction.

"In this age of easy suspicions, I suggest there is so much more good that comes out of welcoming to Canada fresh faces, fresh ideas and keen initiative. We are a land of immigration. But also, we are on treaty land—and we know that indigenous Canadians did not get a fair break. We owe to them encouragement and assistance and have an obligation to know their story. So as a Canada 150 year personal project, I am reading a number of books regarding the Indigenous peoples of Canada and Canada's history. Starting with Francis Parkman's books on the early history of Huronia and French Régime, then Metis historian Olive Dickason's *Canada's First Nations*. Barbara Huck explores the Fur Trade Routes and Kiskatchewan, a novel that imagines the life of Hudson's Bay fur trader William Tomison. Finally, historian Gerald Friesen's *The Canadian Prairies*, and Pierre Burton's *The Promised Land: Settling the West 1896–1914*. I'll need new glasses if I achieve my goals. I recommend the challenge of knowing Canadian history better, especially that of our indigenous peoples as a 150 year project—and with that get a better appreciation of Canada."

–Terrence O'Malley, ice hockey Olympian (1964, 1968, 1980), International Ice Hockey Hall of Fame, 1998 and former Citizenship Judge who often presided in Saskatoon, born in Wilcox.

by local celebs. Large enough to feed 800, the 4 X 8 foot cake, a tradition since 1996, is now much tidier cupcakes. Ahhh, fireworks that night for maybe 30,000 in a display Optimist

Bradley Sylvester calls "bigger than ever."

7. Motivate

Show leadership and mentor your children, friends and



family to be do-gooders. Find out where volunteers are needed. Don't wait for Earth Hour or the annual Meewasin Clean Up Campaign. Be the change you want; do nice deeds all year long. Very Canadian.

8. Consume-ate

Okay, maybe it's not a real word in the foodie sense, but it fits with the list. Canadian cuisine? What you consume will be as varied as your family heritage. But stock up on a few famous Canadian staples:

bacon (duh), maple syrup, cod tongue, arctic char, salmon, Montreal bagels, Saskatoon berry anything, bannock and pemmican, fiddleheads, Nanaimo bars, Kraft dinner, PEI potatoes, Maritimes lobster, game meat, poutine, ketchup chips. Oh, and beer. The good local stuff.

If nothing else, this category just might get us ready for the 600th anniversary. How will you celebrate? (5)

Karin Melberg Schwier

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YARDS THROUGH THE DECADES

The Changing Urban Landscape



Luella and Melody Thiessen in their backyard garden on 10th Street in 1964.



KARIN MELBERG SCHWIER

Photo: Local History Room • ph-2005-125

Urban landscaping has ... ah ... ripened. Horticultural practices develop, new plants, shrubs and trees are bred for hardiness, and trends change in how homeowners manage their piece of real estate. Our yards and how we use them have changed, but some elements of Grandma's garden are making a comeback. Saskatoon HOME sought the wisdom of three people who know heaps about the evolution of city yards and gardens.

Don Greer is vice-president, Saskatoon Horticultural Society, Master Composter and an avid award-winning gardener. Vanessa Young is program coordinator/instructor, Horticulture and Agriculture Lifelong Learning Programs, College of Agriculture and Bioresources at the University of Saskatchewan. Rick Van Duyvendyk is a second-generation owner of family business Dutch Growers Garden Centre and White Dhalia.

The Functional Great Outdoors

"When we gardened in 1920s and 1930s, we did so because we needed to eat," says Vanessa, who manages the Master Gardening Program. "Our yard was a deliberate space with a functional purpose. Gardens were geared toward high intensity, high output farming."

For some homeowners, big yards and gardens fell out of favour. Once produce became plentiful at the local store, people chose to spend their

time in other ways. Yards went from a food-producing utility to a more aesthetic space.

"I grew up in the 50s and 60s," recalls Don, "when vegetable garden space was the prime focus of your yard. Soft landscaping might mean maple and poplar trees, a rudimentary lawn and some flowerbeds. Gone are the days of row upon endless row of one vegetable, then another. It's not the war years when we had to grow what we ate."

Rick's parents started a



Photo: Edith Alexander, 1942. Local History Room - ph-92-63-5

nursery in 1953. In the 35 years he's been in the family business, he's seen a few come-and-go cycles. As a landscaper and judge for Communities in Bloom, "I've seen yards go from large garden to no garden, annuals and perennials to low-maintenance mulched shrub beds and even the introduction of artificial grass," Rick says.

From God in Garden to Steward of Land

Yards are a reflection of changing attitudes about how people garden and landscape. Vanessa says some people still apply the heavy-handed 1930s method to get the most yield, but as farmers who over-tilled and over-worked the land in the Dirty Thirties know, it comes at a price.

"The old ideal was everything in rows, segregated by

particular plant, black earth, no weeds, no bugs shall live. What we didn't like or understand, we killed. We played God in the garden, forcing things to fit our ideal."

Today's more ecological approach means treating the earth more gently, learning about what plants need and what bugs are beneficial and how soil can be supported rather than forced to produce. The key to any landscaping starts with soil, whether it's an expansive yard or container on the deck.

"Healthy earth should be rich and aromatic like fresh coffee grounds or chocolate cake, a nice rich texture we can dig through with our hands," she says. "But we are married to our rototillers because it's easier. You wouldn't put your chocolate cake in the blender, but that's what we do to our

gardens. We have to be more careful with the earth."

Part of that means educating ourselves, asking trusted professionals and taking Internet information with a grain of salt.

"We're getting off the chemical bottle, away from organic and synthetic pesticides and herbicides. We're managing our resources in a more holistic ecosystem and ecologically sustainable way," she adds. "Now we're a member of the garden and more of a steward of the land."

Shrinking Real Estate

Houses used to be smaller and yards were more spacious. Today, as homes are built to take full advantage of entire lots, green space gets smaller. People live in condos where balconies and rooftops might be the only place for planting.

Don says the container garden is the solution to landscaping in the squeeze.

"A lot of the things we grow have gone through a process of miniaturization," he says. "We used to need a lot of space. Globe cedars would grow 10 feet high. Now you can get ones that grow much smaller for our small spaces."

Even if space is at a premium, growing things is still a priority for many people, says Vanessa. "People in smaller spaces, high-rise apartments and condos look for places to grow even a few plants. There's a whole guerilla gardening movement where people plant on boulevards or along back alleys, anywhere there is space and soil."

Hard and Soft Elements

"Hard landscaping is a bigger feature of many ➤

319 Poplar Crescent, photo taken around 1947.

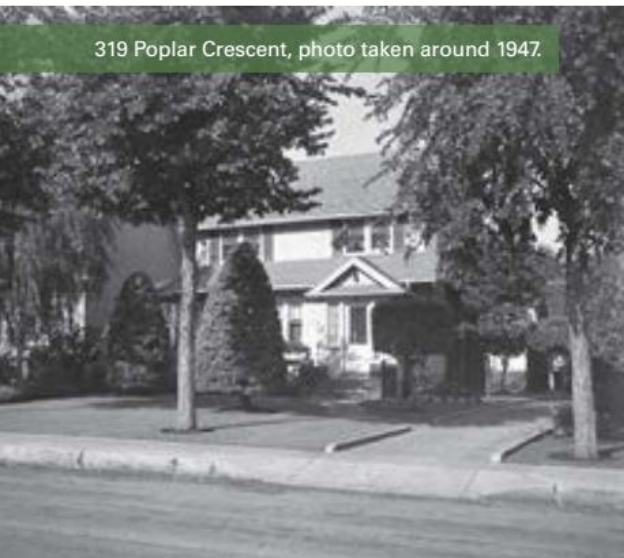


Photo: Local History Room - B-912

This yard was declared "Yard of the Year" in 1962.



Photo: Local History Room - ph-2005-125



yards," says Don. In new areas, green space might be just postage stamp-sized so that drives decisions about use.

"For example, the number of Gardenscape vendors who are selling hot tubs, patio decking, big barbeque setups and outdoor kitchens has really grown over the years. Those

kinds of elements take up a lot of the yard."

Low maintenance applications in small spaces are becoming more popular. With two and three car garages, Don says, rock and artificial turf serve remaining space purposes. Rick has also noticed more homeowners

are replacing grass with artificial turf. Mulch is a popular low-maintenance choice over bare earth. Vanessa says it's a better way to manage weeds. It provides habitat for beneficial insects and reduces damage to plants from mud splash.

Accommodating Climate Changes

"Weather changes have allowed us to plant things we would never have been able to grow in the past," Don adds. Because of horticultural breeding programs like those at the University of Saskatchewan, plants, shrubs and trees thrive now that previous generations had no hope of growing. Crabapples and raspberries were prairie staples. Now a wide variety of fruit trees and exotic plants do well.

"The creation of microclimates in our yards under a

mature tree canopy means the wind and the cold don't take down perennials the way they used to," says Don. "Hydrangeas, cherries and grapes have been bred to do well in Zone 2. I grow miniature roses in my yard meant for Zone 5." He believes a new map will put Saskatoon in a warmer zone over the next several years.

What Goes Around

"Growing things is an art and a science," says Vanessa. "But it doesn't have to be complicated. Everything wants to grow; we just have to know how to help it along. We learn in kindergarten that a plant needs light, soil and water. Sometime over the next 30 or 40 years, we forget that."

Rick has seen returning popularity among younger inexperienced gardeners.



Growing in popularity, artificial grass is being used more often in Saskatoon as a low-maintenance, water saving option.

Photo: Courtesy Turf Doctor



With climate change, horticultural breeding efforts, and micro-climates created under canopies of mature trees, even tropical flora can thrive in prairie places.

As outdoor spaces become extended living areas, hard surfaces like brick and stone work with outdoor kitchens, hot tubs and barbecue areas. Sometimes these applications leave little green space.



"In 2010 we thought garden seeds were becoming a thing of the past," says Rick. "Now we have 25 per cent increases in sales per year and shortages of product. I see young people who never had a yard with a garden ask for advice on how to start planting vegetables and herbs in containers on the deck of the condo or apartment balcony."

"We still need trees and plants, and it's healthy to have a few fresh vegetables. It's great to teach children how to garden. Seeing green around us reduces stress," says Don. "Mowing and tending the yard

was a chore, so people got away from it. But now we have a better understanding of the benefits."

Vanessa, Don and Rick all agree that's a good thing.

"We're learning to appreciate the emotional and spiritual benefits of getting our hands dirty again," says Vanessa. "So much of what we do is intangible, intellectual work, but when you tend to a yard and garden, you can point and say 'I did that.' It's a reward on many different levels." (H)

Karin Melberg Schwier

remnant



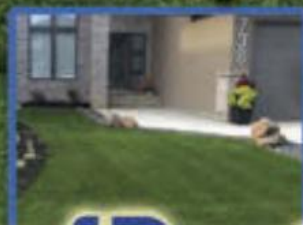
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EXCUSE ME WHILE I KISS THE SKY

Downtown Condo Living

One Saskatoon couple turned their back on a larger home, instead opting for a condo downtown. There are some significant perks high on the list.

As realtors, Chris Craik and Ashley Martinson knew a thing or two about choosing a home in the city's vibrant housing market. So why, when others are snap-

ping up brand new houses in the city's thriving new developments, did they opt for a condo in a 1980s building downtown?

Chris explains that they were attracted by the low-maintenance lifestyle of condo living. "When we come home from work it is really important that we spend our time with family

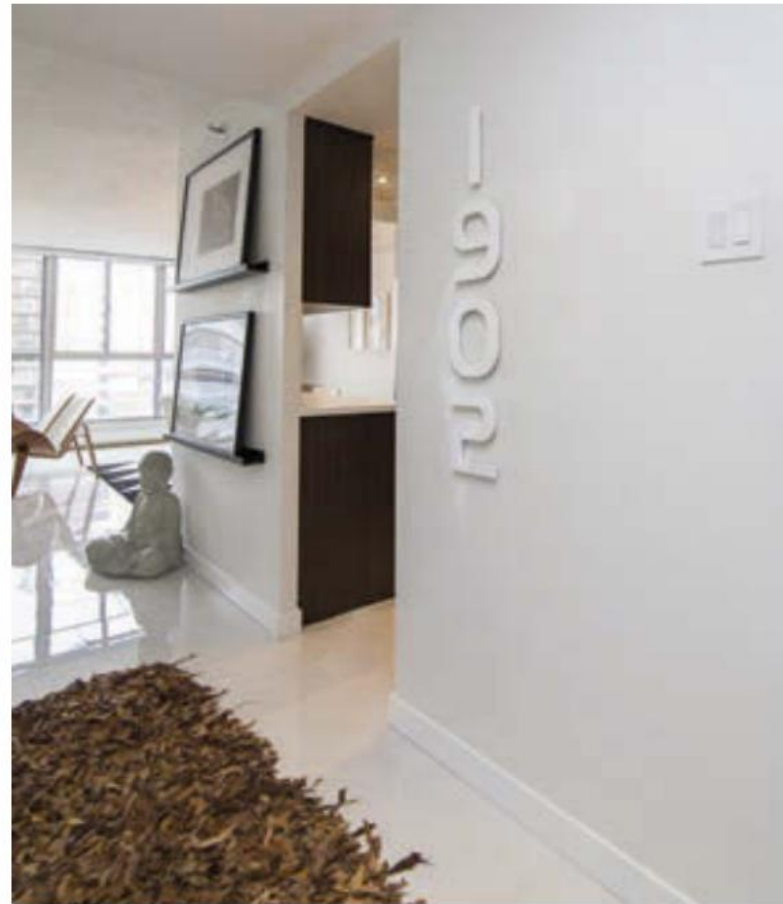
and friends. We didn't want yard maintenance or shoveling to get in the way of these priorities," he says, speaking from their 19th floor home in Saskatoon's Terrace Apartments, which they purchased together in late 2015.

Ashley acknowledges that many condo hunters look in other less central Saskatoon

neighborhoods. Saskatoon's condo market is in the middle of some surplus so there is a lot to choose from, but three things drew the couple to an older building in Saskatoon's core.

The Heart of the City

The first was its downtown



 **ROBIN SMEE**  **APPL PHOTO**

charm. "Our yard is the river and the walking trails," Ashley says, adding that downtown gives them almost everything they need on their doorstep. "Everything is in walking distance of home." The only thing missing is a proper grocery store, an omission which downtown residents

have lamented for years.

The other two considerations were price and choice. Buying a new place on the city's outskirts would have left them with other people's design choices. Opting for an older unit and renovating it got them their dream home for under \$400,000. ➤

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The couple knew they wanted to be downtown, and only viewed a couple of condos before they found their perfect match. It is important to really understand your must-have list when assessing a condo home advises Chris. "Also, be mindful of your lifestyle," he says. "Morning people might want windows facing east, and evening people, west."

Don't get hung up on condo fees, he adds. These may seem high but they take care of many costs, including utilities, window cleaning and insurance. "But make sure that the building has enough in its reserve fund," he warns. The condo board should have enough to cover periodic costs such as roof repairs.

Renovating the condo gave the couple a clean slate to make the space their own. "We wanted to renovate it urban style," says Chris. The couple has a keen eye for design, and wanted a space reminiscent of larger hubs like Vancouver and Toronto.

Letting the Light In

Chris and Ashley aimed to capitalise on the condo's unique characteristic: its light. Its east-facing floor to ceiling windows, looking out on river views, sealed the deal for them. Their design choices supported that. Chris and Ashley replaced the countertops with white quartz, and laid beautiful large slab white flooring tile throughout. "These changes

The condo had an obvious unique characteristic: light. Chris and Ashley let this element guide their renovation.



Photo: Daniso Photography



and details made it our own," she says.

The previous occupants had attempted a quick flip, trying to modernise the condo with a new poorly installed laminate countertop and a lick of paint. Chris and Ashley ripped it all

out and bought in white cork countertops and white flooring tile. "These changes and details made it our own," she says.

"We went for minimalism," adds Ashley. The condo is an open concept space, so they used area rugs to create ➤

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Photo: Darioso Photography

a sense of different spaces in its large open areas.

Renovating the space also highlighted a clear advantage of condos over houses. "With condos, it's the surface that you're renovating. I found it to be a lot less stressful than a house," Ashley says.

Running it by the Board

Renovating in a condo isn't all smooth sailing, though. The most important thing to remember is that all of your actions impact others in the building, the couple says. This meant that they had to go through an approval process with the condo board before beginning their renovations.

"We found that other condo owners in the building were curious, wanting to know what you're putting in and how it was to be done," Ashley says. The board's requirements were so detailed that the couple had to go back and get more information, eventually submitting the contractor's quotes and a list of materials they would use before they could get approval. The whole process took two weeks.

Condo boards require renovation details to ensure that the materials selected won't

be too loud for other residents once the renovations are complete. "You have to get proper underlay for the flooring," Chris says.

Noise is also a factor during the renovations themselves. The contractors are only allowed to work on the condo between 8am and 6pm, to avoid disturbing other building residents during the evening. Luckily, the couple's real estate jobs (they work in the same office) took them out of the condo during the day.

One thing they hadn't anticipated during the renovation was the attention from the neighbours. "The noise was a huge thing, but so was having strangers come into the space," Ashley says. "They want to come in and see what's here."

The couple filed for approval with the condo board after they closed the purchase of their new space, meaning that by the time they took possession of their condo in early December, they already had approval for the renovations. The contractors finished the job by Christmas, leaving them to start the year decorating their new home. Since then, life in the condo has been blissful.



Photos: Darioso Photography

The Condo Plus Column

The couple like the amenities in the condo building, which include a swimming pool, a hot tub and a communal wrap-around balcony. There is also a full guest room, which the pair has used to host childrens'

birthday parties for Chris's six-year-old son.

"He likes being close to Kinsmen Park, and the pool is something he's always wanting to do," says Chris.

The other thing that the couple noticed is the new perspective a high-rise home

gives them on the weather. With its floor-to-ceiling windows, the condo gives them a front-stage view of the prairie skies.

"The weather changes quickly up here. You can see storm coming in, or you can see the snowflakes," says Chris,

adding that his son especially notices that.


From this height, with these views, the couple enjoys one of the most unique perspectives in Saskatoon. (H)

Robin Smee



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Karin, a cherry enthusiast, mentally prepares for all of her cherry work ahead.



CRAIG SILLIPHANT



KARIN MELBERG SCHWIER

HOME FOOD:

Spectacular Prairie Cherries

When I was a young boy, a family friend named Cathy used to make the most delightful cherry pies. She would pit the cherries herself, removing the little stone and leaving the fruit itself for pie filling. A handful of times, and much to Cathy's embarrassment, I would find a pit in my slice of pie. This would only

happen to me. It became a joke that lasted for decades. Cathy would say, "Okay, I pitted these cherries by hand and checked every one, so you better not get a pit." Sure enough, I'd get a pit, much to her horror and dismay.

A couple of years ago, I was with my parents, visiting Cathy and her husband. The day

before, my mom mentioned that Cathy had made a cherry pie especially for me. So, I stopped by a grocery store and bought some cherries. I took the pit out of one and put it in my pocket. You see where this is going.

When Cathy gave me a slice of pie, she said, "This time there aren't any pits in there.

I checked each cherry myself, one by one."

I took a few bites, enjoying her wonderful baking skills, biding my time. Then I snuck the cherry out of my pocket and put it in my mouth.

"Ow!" I said, pulling the pit out of my mouth.

The look on Cathy's face was priceless. I'm sure a few

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obscenities escaped her lips. How could this keep happening to her every time she served me pie?

I'm a horrible person.

Cherries in the Prairies

Globalization has brought many foods to our neck of the woods that were not widely available 30 years ago, like, say, mangos or kiwi. But from Cathy's cherry pie to the amazing cherry cheesecake my mom used to make in the 70s, cherries were a staple of my prairie childhood. Sometimes they were in baking, sometimes it was just a bowl of sweet B.C. cherries that would stain lips and fingers red. Now that I'm older, I eat them with my son.

There are many different types of cherries, but you can more easily divide them into two categories: sweet and tart. Sour cherries are smaller but

brighter than sweet cherries, and are often called pie cherries. Usually too tart to eat raw, they are cooked down with sugar and used for pies, juices, preserves and relishes. You can use sweet cherries for baking, but you need to adjust your sugar mix accordingly, and some sweet cherries might lose a bit of texture when baked.

Though both sweet and sour cherries are grown in Canada, sweet cherries are considered a different commodity because they are a fresh, seasonal product, growing in different climate regions than the sour cherry. Most sweet cherry production in Canada is in B.C., with much of the rest in Ontario.

Sour cherry production in Canada has traditionally been in Ontario, though the prairie has been seeing some growth in that realm. In the 1940s, ➤



KARIN'S SOUR CHERRY JELLY



3.5 cups sour cherry juice
1 cup water
1 package powdered pectin (like Certo or Certo Lite)
4.5 cups sugar

To get the juice, stem and wash cherries; don't bother pitting. 1 lb stemless cherries with pits nets about 2.5 to 3 cups juice, so use best guess. Place in saucepan with enough water to barely cover. Bring to a boil. Simmer 15–20 minutes until cherries are soft. Mash to press out juice. Strain through sieve over bowl.

In meantime, place jars, rings and lids in water. Bring to boil, keep on slow boil until needed. Return 3.5 cups juice to saucepan, stir in pectin crystals. Turn heat on high stir until boiling. Stir in sugar, bring to hard boil for 1 minute, stirring constantly. A dollop of butter reduces foaming. If desired, skim with spoon.

Pour into sterilized jars leaving 1/4 inch space at top. Keep lip of jar clean with hot cloth in case of spills. Place sterilized lids on top, screw on rings.

Note: Experiment with lower sugar amounts, and try using Nanking Cherries, a small bush variety. Flavour can vary based on the ripeness of the cherries used.

CHERRY SURPLUS TIP

Karin has a handy tip for people who are faced with surplus of fall cherries. After cleaning—don't bother pitting—bring the cherries to a boil with a little water in a large roasting pan. Gently press with wooden spoon. Strain through sieve. Measure out the juice called for in the jelly recipe. Karin puts 3.5 cups in yogurt containers and freezes. Voila. During the winter, juice is pre-measured. She also has frozen whole clean cherries in Ziploc bags, using the same process with frozen fruit when it's time to make jelly (or syrup if the jelly doesn't set!)

A suggestion for all things prairie cherry, check out *Cooking with Cherries from the Prairies* by Loretta Bors, et al. University of Saskatchewan, 2012.

Dr. Les Kerr from Agriculture Canada began breeding sour dwarf cherries, which resulted in several varieties of hearty plants and cherries that were sometimes a little sweeter than their sour designation might imply. The University of Saskatchewan has a Fruit Program that breeds dwarf sour cherries, utilizing climate conditions like cool nights and long, sunny days, which can lead to higher sugar content in fruit.

Cherries may do well in the Canadian climate, but they didn't originate in North America. They were brought

over to what is now Brooklyn when it was still the Dutch settlement of New Netherland in the early 1600s. Before that, the sweet cherry spread through Europe, Asia and parts of Africa, probably since prehistoric times. While they were enjoyed in Rome, Greece and China, some think that they originated in Asia and were carried to Europe by birds.

I'm always careful about ascribing health benefits to foods, but cherries contain antioxidants and some claim that, as an anti-inflammatory, they help with afflictions

CATHY'S CHERRY PIE



Use your favourite Never Fail Pie Crust. (Cathy uses the Tenderflake lard recipe.)

Cherry filling

5 cups fresh cherries, pitted and cut in half. (leave 1 pit in the pie for Craig to find)
4 tbsp. quick cooking tapioca or 5 tbsp. of cornstarch

1/8 tsp. salt

1 cup sugar (if cherries are really tart, use more sugar)
1 1/2 tbsp. butter

Preheat oven to 400°F or 205°C

Roll out 2 dough crusts, placing the bottom crust in a greased 9-inch pie plate and put it in the fridge while getting cherries ready. In a large mixing bowl combine all ingredients but butter.

Let sit for 15 minutes.

Turn cherries into piecrust and dot with butter, cover with 2nd crust. Cut vents into top crust or use pie bird and flute the edges.

Place pie on foil-lined cookie sheets in case of drips.

Bake 50 minutes until golden. Let cool. The longer it cools, the more the tapioca should thicken cherry juices.

like arthritis and gout. Some research indicates that they might also contain cancer-preventative compounds. Cherries also contain melatonin, which can help support healthy sleep.

Many say cherries also aid in weight loss, but you need to take that with a grain of salt (er...not literally). Cherries are fat free, but they do contain about 100 calories a cup, so if you're watching your weight, you might want to monitor your intake; eating them in bulk would give you a pretty hefty caloric intake. That said, their fibre content can aid with digestion, lower cholesterol, control blood sugar and they are a good source of vitamin C.

All that health stuff is great, but let's get back to the yummy factor. Of course, there are more recipes for cherries

beyond pie or cheesecake that make for a decadent treat than we have room for here. Some good pairings with sweet cherries include dairy products like tart or creamy cheese (mascarpone, etc.), whipped cream, yogurt or ice cream. They also go well with balsamic vinegar, juxtaposing the sweet of the fruit and the tart of the vinegar. Dark chocolate and red or white wine also pair well with cherries.

And hey, you can't go wrong with a cherry plunked into your boozy bourbon-cherry Old Fashioned cocktail. That's my favourite use of one of my favourite fruits.

Hopefully though, someone has done a good enough job of removing the pits. (f)

Craig Silliphant

RICK'S SMOKEY CHERRY CHIPOTLE BBQ SAUCE



- | | |
|----------------------------------|--|
| 2 cups ketchup (get a good kind) | 1 tbsp. lemon juice |
| 1 cup water | 2 tbsp. Worcestershire sauce |
| 1/2 cup apple cider vinegar | 2 drops liquid smoke (drops!) |
| 7 tbsp. light brown sugar | 1 cup pitted, finely chopped sour cherries (fresh or frozen) |
| 1/2 tbsp. ground black pepper | 2 chipotle peppers in adobo sauce, diced or finely ground |
| 1/2 tbsp. onion powder | |
| 1 tbsp. ground mustard | |

In a medium saucepan, combine ingredients. Bring to a boil, reduce to simmer. Cook uncovered, stirring frequently, for 1 hour 15 minutes or until desired thickness.

Caution: this is a hot bbq sauce so be careful!

LINDA'S SOUR CHERRY CLAFOUTIS



- | | |
|---|---------------------------|
| 1 1/2–2 cups pitted sour cherries (if using canned or frozen, drain well) | 1/3 cup all-purpose flour |
| 1/4 cup melted butter | 1 tsp. almond extract |
| 1/3 cup granulated sugar | 3 eggs |
| | 3/4 cup milk |
| | icing sugar |

Butter a 9-inch glass pie plate. Preheat oven to 350°F.

In a blender, blend the butter, sugar, flour, almond extract, eggs and milk until smooth.

Pour batter into pie plate. Arrange cherries in batter.

Bake until golden, about 40–45 minutes. Serve warm, at room temperature, or refrigerated, dusted with icing sugar.

This makes its own crust so you can slice and serve it as you would a pie.

Works well for breakfast, not only dessert.

LINDA'S SOUR CHERRY CRISP


- | | |
|--|------------------------------------|
| 4–6 cups fresh or frozen (thawed) pitted sour cherries | 1/3 cup brown sugar |
| 1/3 cup granulated sugar | 1/3 cup all-purpose flour |
| 2 tsp. almond extract | 3/4 cup rolled oats |
| 4 tbsp. butter | 1/2 cup slivered or sliced almonds |

Pre-heat oven to 375°F.

Place cherries in a buttered 2-quart baking dish. Mix in sugar and almond extract. Combine butter, brown sugar, flour and rolled oats, cutting in butter until crumbly. Spread over cherries. Sprinkle with almonds. Bake for 35–40 minutes. Serve with cream or ice cream.

(Thank you to Linda Misanchuk for these recipes)

HOMEtown Reflections

 JEFF O'BRIEN

KINSMEN PARK



The first Ferris wheel, ca. 2000.

Photo: City of Saskatoon Archives

In the Beginning

What would summer be without Kinsmen Park?

Every year for generations, the people of Saskatoon have gone there to picnic, ride the rides, cool off in the water park or simply enjoy the natural beauty. In the winter, volunteers cut and maintain a network of cross-country ski trails, and there have been sports fields there since the beginning.

And it's all because, in 1903, the Town of Saskatoon was looking for somewhere to run a sewer line.

Modern Amenities

Saskatoon did not yet have a sewer and water system in 1903. People got their water from the river or from wells, and relied on privies for waste disposal. But it was only a matter of time before the town would need modern amenities,



Tricycle parade in the park in the 1950s.

Photo: City of Saskatoon Archives

ties, and the natural slope of the ravine at the north edge of Kinsmen Park—downstream of the settlement—made it a perfect spot to run a sewer

line down to an outfall on the riverbank.

We also needed some dedicated recreation space. In those days, Saskatoon ended

at 25th Street, and while there was plenty of open ground in the sparsely built-up settlement, it was all parcelled up into blocks and lots for ➤

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The official opening of the new paddling pool in 1947.



Photo: City of Saskatoon Archives

The carousel in 1960.



Photo: City of Saskatoon Archives

future development. No room for football fields there! So the Town fathers looked north, and on September 3, 1903, they plopped down \$1,500 on 50 acres of land along the river just north of town. It had sufficient space to meet Saskatoon's recreational needs

for years to come, as well as that all-important ravine for the day when we finally got flush toilets.

A Variety of Tenants

Originally it was called 'City Park' or sometimes 'Central Park,' depending on what map

you were using. In addition to the Exhibition, which was held there from 1903-1908, the park was originally home to the Saskatoon Golf and Country Club, rugby and soccer fields, cricket pitches and baseball diamonds. Later, they even added lawn tennis courts and

lawn bowling greens on the other side of Spadina Crescent.

City Hospital—western Canada's first municipally-owned hospital—was built there in 1909, and a year later the city spent \$5,000 to plant trees in the park, part of an urban forestry program that

The Kinsmen Kontinental train leaving the station in 1960.



Photo: City of Saskatoon Archives

continues to this day. From 1912 until it was gutted by fire in 1979, King Edward School stood in the south-west corner of the park, off 25th Street, where the King Edward Place seniors' home is now. In the other corner, the Footballers' Memorial, with its heroic statue of Saskatoon's Victoria Cross winner Sgt. Hugh Cairns, was erected in 1921 to commemorate the men from the Saskatoon Football club who died in the Great War of 1914-1918. In the 1930s, men on unemployment relief turned the lower reaches of the ravine into a series of pools, which were fed by water piped up from the river. These are gone now, but the stone retaining walls are still visible in some places. ➤

Aerial view of "City Park" in 1927.



Photo: City of Saskatoon Archives



The second carousel, ca. 2000.



Train No. 2, ca. 2000.

Photo: City of Saskatoon Archives

Photo: City of Saskatoon Archives

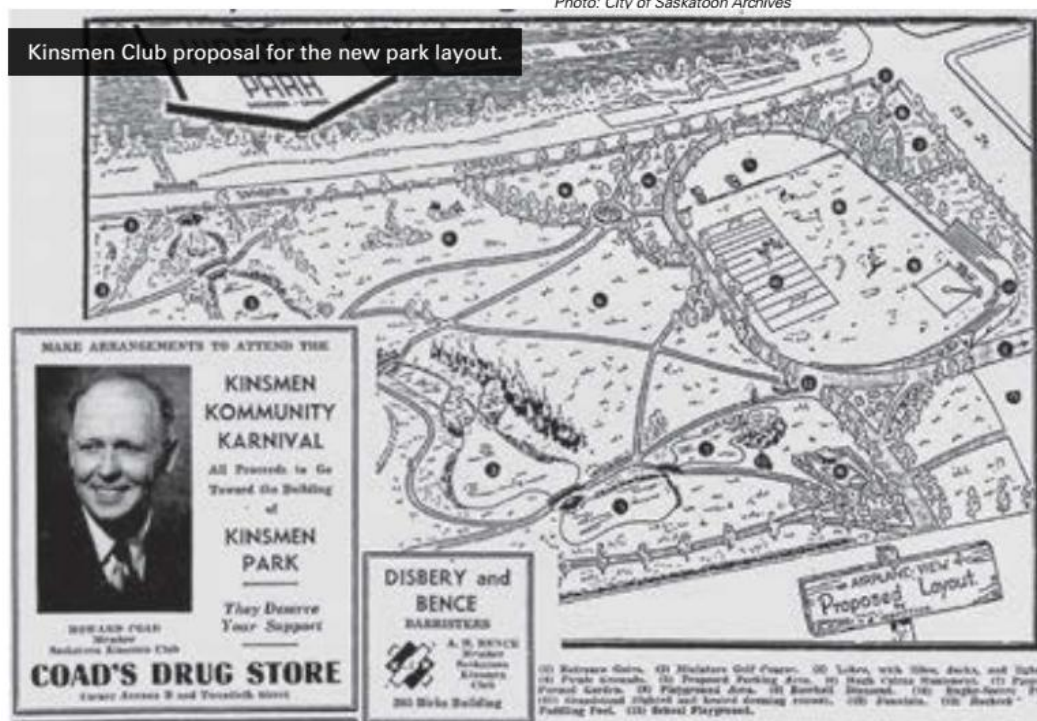


Photo: Saskatoon Star Phoenix, June 23, 1950

Enter the Kinsmen

The biggest changes to the park came after 1947, when the local Kinsmen Club pledged \$50,000 to beautify and modernize it. By the summer of 1950, the work was well underway. The gates were built on 25th Street and substantial landscaping was done, including expanding the system of ponds along

the ravine, adding formal gardens and new footpaths and putting in picnic tables and barbeque pits.

Finally, the Kinsmen Park playland was built.

If any one thing says 'Kinsmen Park' to the people of Saskatoon, it is this playground, with its iconic train and carousel, and later, a small Ferris wheel.

The carousel was first, opening to the public in 1951. It was made of wood and had been built in the 1930s. The city bought it second-hand from someone in Wakaw, Saskatchewan.

The train was next. The present-day train is one of three that have called the park home. The 'Kinsmen Kontinental' first opened in

1953. It was a sleek, modern affair, modelled after a diesel continental passenger liner, and it served the children of Saskatoon until 1973. By then it was falling on hard times. A newspaper article that August reported a litany of issues: the track was rusting, the brakes were bad, the engine could barely pull the little train along and it was prone to derailments. It had even been known to catch fire.

The carousel, too, was showing its age, the article noted, saying that it was "in a sad state of disrepair" with reports of cracked beams, pieces broken off and protruding nails.

Following publication of the article, both rides were immediately closed. While it's not clear what happened to the train—it may have simply been junked—the old carousel was sold and may have been subsequently restored. But the park wouldn't have been the same without the train and merry-go-round, and new ones were in place in time for the 1975 season.



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A Ferris wheel was added in 1979 and served faithfully until 2008. By then it was nearing the end of its lifespan, and with replacement parts almost impossible to find, it was taken out of service at the end of the season.

Bigger and Better

Construction of an expanded Kinsmen Park playland began in 2014, thanks in large part to a \$7.5 million donation from PotashCorp as well as to donations from Canpotex and Canadian Pacific. On ➤

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The newest Kinsmen Park train in 2016.



Photo: Jeff O'Brien

August 6, 2015, the 'Potash-Corp Playland at Kinsmen Park' officially opened, featuring a new, much larger train, a refurbished carousel and an imposing new Ferris wheel, in addition to water features, zip lines, climbing structures and an 18-metre pyramid slide.

This posed a small problem. What to do with the old playground structures?

The Kinsmen Park paddling pool was one of the oldest in the city, dating back to 1929. It was rebuilt in 1947 and then again in 1983, when the Kinsmen Play Village opened featuring a wheelchair accessible facility that included pirate ships and cargo nets, a maze, spray park and a brand-new paddling pool in addition to the usual slides, swings and climbing things.

But the new Potash-Corp facility made the Play Village redundant, and so



"Saskatoon's first gymnasium" (sic) in City Park, 1911.

Photo: City of Saskatoon Archives

it was decided to close it at the end of the 2015 season. The paddling pool was to be filled in and the rest of the equipment moved to the park in Caswell Hill. But popular outcry by parents who felt the new playland was too over-

whelming for smaller children caused the city to reconsider, and the Play Village—but not the spray park and paddling pool—has since reopened.

Kinsmen Park has been delighting Saskatonians of all ages for more than a

century, and it seems likely it will continue to do so for as long as there are Saskatonians to delight. (i)

Jeff O'Brien

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KARIN MELBERG SCHWIER

Photo: Scott Prokop

No matter the income level, DIY skill or decorating savvy, just about everyone likes to build a comfortable, cozy nest. If not a complete home overhaul, many people focus on creating an oasis somewhere inside or outdoors to inspire a sense of well being, security and even joy. A place that makes people say, "I love it

here." That goes for the spaces beyond the property line, too.

No Place Like Home

In past issues of Saskatoon HOME, people have shared their favourite home spaces, complete with some insight into how they built them and why.

A secluded alcove under backyard elms with a hot tub

and brick pizza oven/fireplace. A treehouse on a slope overlooking the river. A mid-century media room featuring a vinyl collection that's the envy of any audiophile. Or an indoor no-holds-barred theatre room with all the bells and whistles. A lowly bench positioned just right for viewing the gardens in every season. An all-weather

outdoor theatre and bar. A fire pit with maple stump seating and a tire tree swing for the kids. A Japanese koi pond and meditation garden. Even a DIY backyard curling rink featuring bonspiel fun and hot chocolate all winter.

Home sweet spots don't have to cost a lot, and they're different for everyone, but what

Looking at the water from the shore provides one vantage point, but getting into the water in a canoe, kayak or dragon boat, even on a paddleboard or waterskies, offers a completely new perspective.



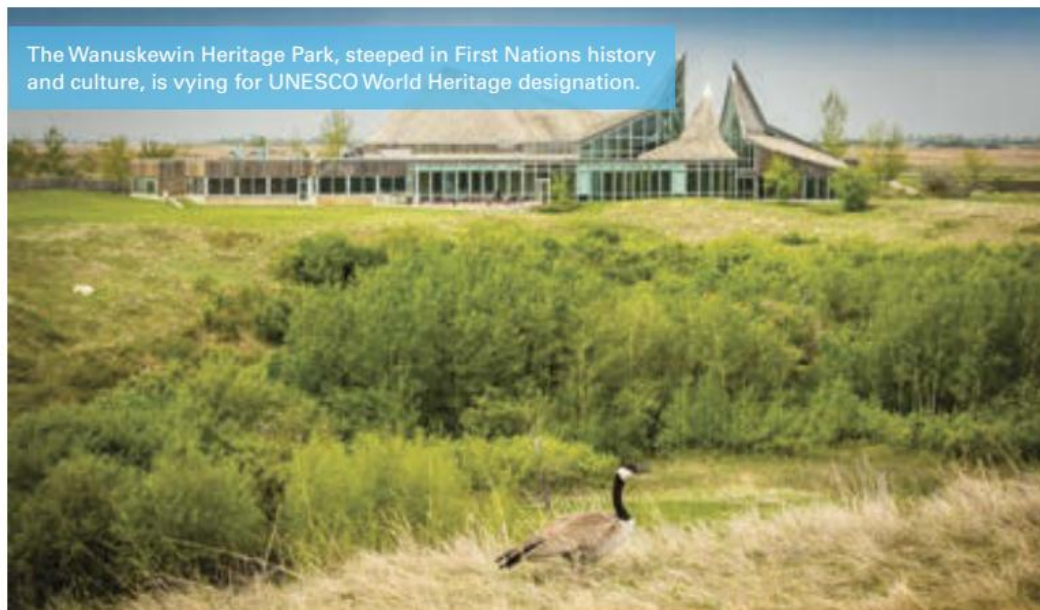
they all pay back in happiness dividends is priceless.

Urban Go-To Places

Taking the 'home' theme just a little farther afield, urban Saskatoon is riddled with wonderful spots to eat, drink, play, have fun and just bask in goodness.

Saskatoon is bubbling over with so much to see and do. The Meewasin Valley Trail, both developed and wild, is the envy of other cities throughout North America. Funky coffee shops, interesting restaurants that run the gamut of ethnic cuisine, entertainment to no end, places to read, listen, think. World class theatre, dozens of festivals and sporting events, a soon-to-open state of the art modern art gallery, University campus life, an in-the-works children's museum, skateboard park, horse racing, riverboats;

The Wanuskewin Heritage Park, steeped in First Nations history and culture, is vying for UNESCO World Heritage designation.



Photos: Scott Prokop

heck, there's even a Ferris wheel. Everyone—and every family—has many favourite places to spend quality time.

A Rejuvenating Breath of Fresh Air

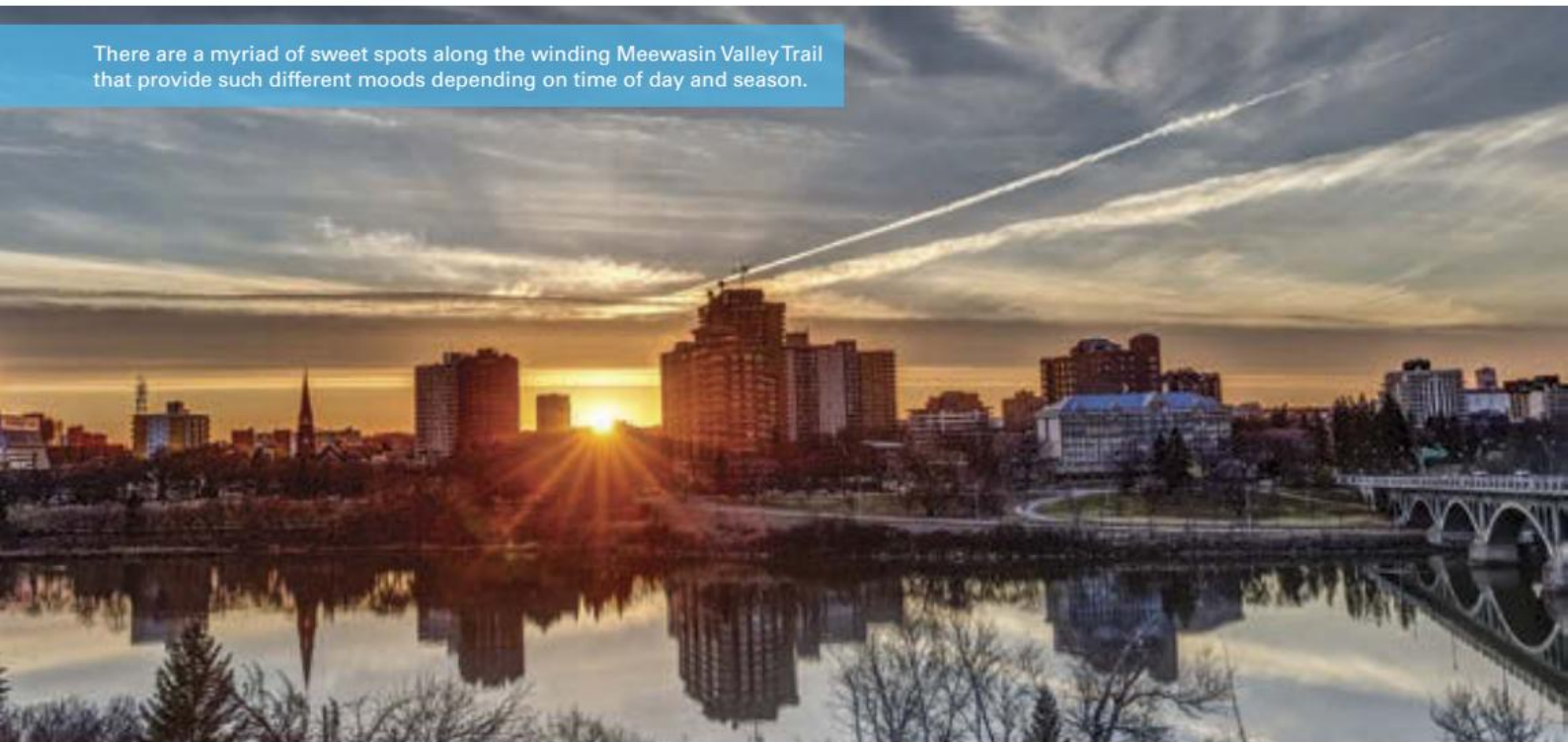
It might be cliché to say 'studies show'—but in this case it really is true—being

outdoors in the fresh air does wonders for not only physical but also mental health and emotional well being. When our parents told us, as children, to "go outside and play," it was for good reason.

That parental wisdom is backed up by scientific research

from serious players, among them Stanford and Harvard Universities. The psychological and physiological benefits of fresh air and sunshine are well documented. Even way back when in 1859, 19th Century poet Henrik Ibsen made a pitch for something in ➤

There are a myriad of sweet spots along the winding Meewasin Valley Trail that provide such different moods depending on time of day and season.



One of the city's many rooftop gardens.

Photo: Karin Melberg Schwier



A sculpture garden is tucked away on the University campus.

Photo: Sheryl Normandeau



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Norway he called "friluftsliv," or "free air life," a communing with and deep connection to nature. Outdoor living has become quite a phenomenon in Scandinavian countries.

Closer to home, author Candace Savage believes wholeheartedly that human connection to nature inherently percolates in one's own biology. If it is not nurtured every day, a part of the mind, soul and body withers.

Candace is a founding member of Wild About Saskatoon, a group of nature-lovers in the city who started meeting in 2012 and ultimately created the annual NatureCity Festival. The group wanted to remind Saskatoon that "a city isn't just built, it's planted and nature doesn't only begin where the sidewalk ends."

"The City of Saskatoon provides habitat not only for humans but also—wonder-

fully—for hundreds, maybe even thousands, of species of plants, insects, birds and animals, from bumblebees to bats and from ducks to otters," says Candace. "Without plants to produce oxygen, we could not breathe. Without insects to pollinate our gardens, we'd lack nourishing food. Without birds and animals to raise our spirits, we would be intolerably alone. Without the shining waters of the South Saskatchewan River, our lives, in incalculable ways, would be barren."

Talk about sweet spots.

Experience All Sixty

In fact, Wild About Saskatoon volunteers came up with the concept of the Sixty Sweet Spots map (the number was purely for the sake of alliteration), places nominated by people in Saskatoon willing to share favourite outdoor spaces to play, rejuvenate and commune ➤



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An impressively dressed resident of the Forestry Farm Park and Zoo.

with nature. Interestingly, some people politely declined to name their hidden gem since they want to keep it as a secluded, less trodden refuge.

It's very likely that many Saskatonians will be taking advantage of the long, sunny summer hours to create their own oasis at home, inside and out. And when that's done, or if a break is the thing that's

needed to refresh the mind and spirit, there are plenty of sweet locales in and around the city calling out for exploration.

And the sky's the limit for more discoveries in and around this sweet city of ours in any season. (H)


Karin Melberg Schwier

MUST-VISIT SASKATOON SWEET SPOTS

There are so many hidden nature gems throughout Saskatoon that are just waiting for you to explore. Here are a few to pique your interest.


To find the location and description of these additional sweet spots visit www.wildaboutsaskatoon.org/sixty-sweet-spots/

- Peturrson's Ravine
- Crocus Prairie
- The Sutherland National Migratory Bird Sanctuary
- Marsh in Prairieland Park
- Northeast Swale
- Patterson Gardens Arboretum
- Albert Avenue
- Diefenbaker Park
- Montgomery
- Gabriel Dumont Park
- Ashworth Holmes Park
- Cosmopolitan Park
- Marion M. Graham Collegiate Institute
- Buena Vista Park
- Under the Broadway Bridge
- Sandbars near Broadway Bridge
- Trail Between
- University and Broadway Bridges
- University Drive
- Riverbank
- Saskatchewan Crescent
- Kinsmen Park
- Meewasin Trail
- Sutherland Dog Park Off-Leash Area
- Biking Trails, Silverwood
- Whiteswan Drive
- Forestry Farm Park
- The Nutana & Broadway Heritage QR Code self-guided walking tour
- Riversdale Pool
- Holiday Park Trails
- Community Gardens
- Saskatoon Natural Grasslands



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